

# KLAH-CHE-MIN

ʔacaciḥalbiḥʔ gʔɪl tə ʔʰəlč yəḥʰ ti stultuləkʰ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciḥalbiḥʔ gʔɪl tə ʔʰəlč yəḥʰ ti stultuləkʰ.

SEPTEMBER 2003

► *People of the Water* ◄

COMPLIMENTARY

## Construction!

### *Administration Building*

Dan Neelands - On Wednesday, August 6<sup>th</sup> ground was officially broken for the new Administration Building. The land has been cleared and leveled. The next step will be to pour concrete footings and lay in the utilities which will connect the building to the rest of the world. We can expect the volume of truck traffic around the site to grow for the next few weeks. Tomco Construction a Native owned firm from Spokane Washington is the primary contractor on this site. Project completion is slated for Spring 2004.



cable TV, internet service, sound deadening insulation and all the other amenities and utilities that are necessary for a modern hotel. Now that the shell of the building is nearly complete John Korsmo Construction is faced with the daunting task of managing all the details that will make the building a safe and pleasant place to stay. The hotel will be complete some time in December of 2003.

### *Child Development Center*

Collins Architecture and Five Rivers Construction have been chosen as the design/build team to create the Child Development Center near the intersection of Highway 101 and Old Olympic Highway. In September you will see significant work there as the team starts construction of the foundation, drills a new well and continues work on the driveway and parking area. The design will include a nature trail and salmon viewing area with a footbridge. Project completion is scheduled for Spring of 2004.

### *Parking Garage*

Some of you may have noticed the procession of concrete trucks visiting the parking garage since the middle of August. These trucks are bringing the actual surface that cars will drive on. When the surface is finished, work will proceed on railings, lighting, signs and all the details that make a public garage safe to use. Five Rivers Construction of Longview Washington has done a great job of providing us with a solid and durable structure. The garage is scheduled to be complete by mid October 2003

### *Hotel*

The roof on the main portion of the Hotel is now nearly finished. Construction of the drainage pond under the power lines west of the building has started. Meanwhile, the 5 floors of guest rooms are being outfitted with fire alarms,



*The new casino parking garage*

## Little Creek Casino Hotel Update

From the desk of Samuel Askew, Director of Hotel Operations - Here is what's happening with your NEW Hotel!!

Thanks for having me back to speak about the great happenings at the hotel. I also want to thank everyone for their wonderful words of support and to tell you all that I am just delighted that there is such enthusiasm and belief in this project. Thank you!!



As I spoke of previously, the art in the hotel will be a focal feature with as much importance as superior service. It gives me great pleasure to announce the artists associated with the hotel. You will see that nearly

*Continued on Page 2.*



## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane  
Shelton, WA 98584

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

*Contributing writers and artists include Squaxin Island community members & staff.*

**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*

ANDY WHITENER: *Vice Chairman*

VINCE HENRY: *Secretary*

Patti Puhn: *Treasurer*

PAULA HENRY: *First Council Member*

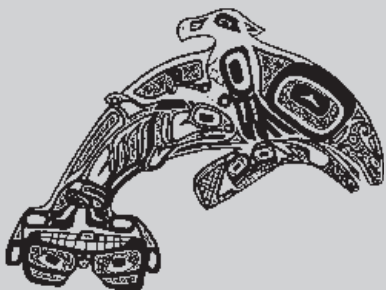
ROY PEREZ: *Second Council Member*

CHARLENE KRISE: *Third Council Member*

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# LITTLE CREEK CASINO

all the artists are exclusively from this tribe. That is something to be extremely proud of. Thank you to all those who followed through on the call to artists.

- Andrea Wilbur-Sigo
- Trelace' Sigo  
*(following in moms talented footsteps!!)*
- Jeremiah George
- Charlene Krise
- Sally Brownfield
- Malynn Foster
- Casey Krise
- Bob Koshiway
- Peter Boome
- Russell Harper
- Steve Sigo
- Dale Clark
- Trent Hart
- Nancy Moore
- Brian Rubino

You should be very proud of all the artists listed. Although some of them are not enrolled tribal members, all of them are working hard to ensure the accuracy of depictions, story telling and heritage. I know you will all love what is planned!!!

Along these lines of art, I am pleased and honored to let you all know that the tribal elders met here in August to discuss the use of the tribal logo in mural form in the hotel lobby. There was unanimous consent for it's use as a cultural teaching tool only and for the purpose of identifying the Tribe and it's people.

You can feel secure in knowing the casino has no intention, at all, of exploiting this image or it's use. It will be a defining point in the lobby of the hotel and not for commercial use.

I invite you all to see the mural in the hotel upon opening. I especially hope that all those who were a part of the youth

program that helped develop the logo will come and see what a wonderful gift it has become. The logo will help define the space that features the painted paddles I spoke of in the last issue.

Since announcing the names of the new restaurant and lounge, there has been an outpouring of support, and that has been greatly appreciated. I hope to share with you the new logos for these spaces in the very near future. You will see that they follow closely with the tradition and heritage of the Tribe and it's people.

I have begun the final round of orders on major items and plan to finish out the month, and most likely first week of September, placing orders for the finish and detail items I spoke of in the last issue. My desk is straining under the weight of paper and I am triple checking all bids to ensure that we are doing the best we can in regard to buying sources.

So much has changed in exterior appearance since we last spoke, I hardly know where to begin.

As many of you have seen, the roofing is complete on the main hotel tower and the majority of the windows are in place. We have begun placing the large storefront-style windows on the lower floor and the building will rapidly become weatherproof with the new siding that is about to be put on.

What were two separate buildings has now become one with the final large structural steel placed in the lobby. The sky bridge that spans the lobby is in place and the space is spectacular!!!

Many of the interior stud walls are in place and drywall has begun. In fact, we will most likely be texturing and painting the fifth and fourth floors of the hotel tower as you read this!!







As I said previously, I know many of you want to be the first to stay in the new hotel and are wondering when reservations will be taken. At this point, we are on target to begin accepting reservations the first week of October. I will update you in the next issue on pricing structures, amenities, etc.

I hate to be so brief this time around, as there is so much to share, however I need to get back to the sight and ensure that your hotel is progressing as planned. I promise not to let you all down...besides, I just love this part!!!

You can look forward to interior photos in the next issue!!!

As always, if you have questions, concerns or ideas, please do not hesitate to ask Doug Boon, Mike Peters or myself. We love to get your feedback. I look forward to updating you again soon on all the fantastic happenings here at the hotel!



## Be Part of the Tribal Budget Process

The first public budget hearing for FY04 was held on July 30, 2003. Thirty seven community members were present.

The input received included:

### **Executive & Tribal Council**

- Improve communication with the community
- Separate goals/objectives for Executive Services and Tribal Council
- Pay Tribal Council members for full time - can two jobs be performed well?
- Reporting on travel/trips made by Tribal Council
- Complete TERO - share with directors - consider impact on departments
- Indian Preference Policy for contractors
- Remove abandoned boats from Squaxin Island
- Elders Per Capita

### **Tu Ha' Buts Learning Center**

- Continue funding for Education

### **Natural Resources**

- Shellfish enhancement

### **Health & Human Services**

- 16 passenger van for seniors
- Plan for child care assistance
- Orthodontics

### **Public Safety & Justice**

- Public Defender

### **Community Development**

- Tribal funding to cover coordination between entities and services to programs not covered by indirect costs
- 1 full time Emergency Management/Safety Officer
- Funding for capital project maintenance (funded depreciation)
- Tribal funding for 1 full or half time Maintenance employee

### **Information Services**

- Tribal funding for tribal community services
- Develop a plan for overall GIS management

### **Museum, Library and Research Center**

- Continue archival of Elders' oral history

The Second Fiscal Year 2004 public budget hearing is scheduled for September 9, 2003 at 4:30 PM in the Mary Johns Room. This hearing is to present the Draft Budget for public comment. Please plan to attend.



*Tribal elders were invited to dine at Legends Restaurant after meeting with Little Creek Casino Director of Hotel Operations Samuel Askew.*



## Correction

### **From Last Month's edition "God Changed My Life"**

Author Nancy Rose's telephone number is 432-8926. Her husband, Fred, was known in Kamilche as Carl Rose. He helped build the current tribal center and the Kamilche church. Nancy Rose's brother, and his wife, Trudy (known in Kamilche as Gerty) were ministers.

"I want people to know that God really did change my life," Nancy said. "I have not needed anti-depressants since 1986. And I have had no more thoughts of suicide."



# NATURAL RESOURCES



## Study Tracks Young Salmon in Sea

Reprinted from Mason County Journal - A study now under way may help determine if salmon born in streams draining into Puget Sound have a chance to live their early lives in a protected saltwater environment.

"The Puget Sound nearshore is unique in terms of salmon habitat," said Scott Steltzner, Fisheries Biologist for the Squaxin Island Tribe. "How well that nearshore environment provides a place for young salmon to feed and avoid predators is critical to their future development."

The Tribe started seine netting several beaches this summer looking for juvenile salmon and hoping to get an idea of what kind of habitats they use most.

"The fish we are seeing will have the opportunity to hang out inside Puget Sound before they have to face the open ocean, where they will grow into adulthood," Steltzner said.

This year's seining project is a pilot project for a more thorough study planned for next summer. Both are part of a broader investigation by the Tribe into nearshore habitat.

In other studies, the Tribe has mapped forage fish spawning sites, the favorite food for juvenile and adult salmon. They have also studied the makeup of marine vegetation. "By studying as much as we can about the salmon life cycle and how it relates to the South Sound nearshore, we can make better decisions on what habitat is most necessary to protect or restore," said Michelle Stevie, Habitat Biologist with the Tribe.

With help from the National Oceanographic and Atmospheric Administration, next summer's beach seining study will move into deeper water.

The federal agency will likely be tow netting the deep South Sound. Tow netting is accomplished by a large net literally towed behind a vessel. The possible tow netting will give the Tribe an opportunity to see a species they haven't seen much of yet during beach seining.

"Because the Tribe operates a coho net pen facility and juvenile coho are often seen in freshwater studies, we expected to see a lot of coho salmon. We're seeing a

lot of chinook and some chum, only a few coho," Scott said.

"We are hypothesizing that because coho salmon are much larger than other salmon when they enter the saltwater, they swim deeper than chinook or chum salmon," he said. "It's not easy to catch deep swimming fish with a beach seine. If NOAA Fisheries expands their research this far south, we can get a more complete look at not only juvenile salmon usage of the nearshore, but also of almost the entire

inland saltwater."

"To understand how we can protect salmon and restore their habitat, we need to first understand how they use the nearshore habitat," said Jim Peters, Natural Resources Director for the Tribe.

"We have a much better handle on how salmon use their freshwater habitat than saltwater, even though salmon spend much more of their life in the ocean. We need to find out what happens out there."

## Natural Resources Hotline

360-432-3899







## Salmon Farming Targeted by Critics of Aquaculture

AP - Thirty years ago, what was thought to be the ocean's inexhaustible bounty was held out as the potential source of cheap protein to feed a growing, hungry world.

The federal government poured subsidies into commercial fleets, which used new boats and technologies to produce record seafood hauls.

But the dream collapsed along with much of the ocean's fish populations. Now fish farming, known as aquaculture, is being presented as a means to replace artificially much of the lost fish and relieve pressure on natural stocks.

That, too, is a fish story, warn both critics and supporters. Like most fish tales, there's something flopping on the end of the line, but the size tends to get exaggerated.

Even a critical report last month from the Washington-based SeaWeb environmental group acknowledges that fish farming "has a pivotal role to play" in feeding the world, so long as it doesn't do more harm than good.

Already, most of the salmon on people's plates is reared in giant ocean net pens, the trademark pink color artificially added. Nearly a third of the world's food fish now are farmed, an industry that quadrupled in size between 1985 and 2000.

California's growing aquaculture industry produces about \$10 million worth of abalone, clams, oysters and mussels a year; about \$10 million worth of algae; and about \$60 million worth of tilapia, catfish, carp, trout, sturgeon and caviar, and various species of bass, estimates the California Aquaculture Association.

Most of the farmed fish are pond-raised vegetarians that generate little controversy and won SeaWeb's tacit support. Not so with salmon farming, which has become the most visible, and the most criticized, example of aquaculture's potential.

The SeaWeb Aquaculture Clearinghouse study is just one of many to question environmental costs that include releasing waste into coastal waters, its extensive use of antibiotics, the impact on

wild salmon populations, and using food made from wild fish to feed the captive fish.

The report, "What Price Farmed Fish," warns that similar problems could come as aquaculture expands to other ocean-raised, carnivorous species such as tuna, halibut, cod and grouper. Instead of helping halt overfishing, the report warns aquaculture could add to the problem while creating new ones.

It follows a Pew Ocean Commission report recommending a moratorium on coastal fish farming, and a report by the World Wildlife Fund and Atlantic Salmon Federation that says commercial fish farming operations are failing to protect wild Atlantic salmon.

And last week, the Environmental Working Group reported that 10 farmed salmon it bought in stores in the San Francisco area, Portland, Ore., and Washington, D.C., contained levels of PCBs five times higher than wild salmon. PCBs, or polychlorinated biphenyls, once commonly used in electrical transformers, are thought to cause cancer and nervous system damage at high levels.

Seven of the 10 sample farmed salmon had levels high enough to warrant health warnings under U.S. Environmental Protection Agency guidelines, but met looser Food and Drug Administration standards. The sample salmon were raised in Canada, Chile, Iceland, Maine and Scotland.

Salmon farming isn't practical in California, but halibut is a likely candidate as California competes to help the United States narrow an \$8 billion annual trade deficit on seafood, said Justin Malan, executive director of the California Aquaculture Association.

He and aquaculture scientists contend the SeaWeb report breaks down when it projects problems with salmon onto other species. They say it oversimplifies some of the potential solutions, like requiring fish farms to use closed systems that recycle water and wastes. That would also avoid the spread of diseases and parasites, and prevent captive fish from displacing wild populations.

Perhaps the biggest debate is over simple math that SeaWeb Aquaculture Clearinghouse director Bill Mott says shows farming carnivorous fish "is clearly following an unsustainable path."

It takes three pounds of wild anchovies, sardines and the like to grow a pound of farmed salmon, according to the SeaWeb report. "Clearly, this is not the way for aquaculture to feed the world," said report author Michael Weber.

That's outdated, aquaculture scientists said, because the bulk of salmon feed is now plant matter or binder, not fish protein. They argue the feed ratio is better for salmon than for chickens or pigs that also are fed fish meal, and salmon is healthier.

## First Salmon Ceremony

The Tribe's annual First Salmon Ceremony took place August 2nd at the Arcadia boat launch beach. The first salmon was caught by Will Henderson and Joe Peters.



*Members of the canoe family bring the first salmon to shore.*



*L-R: Shirley Davis and Rose Algea were among those honored during the ceremony.*



# LEARNING CENTER



## Activities

Summer recreation activities included swimming lessons, canoe paddling practice, center-based activities such as arts and crafts and field trips.

## Bubble Fun

This year we had a bubble center as part of the summer recreation program. There were four stations set up for youth to experiment with bubbles. Youth were invited to create the biggest bubble, to produce the greatest number of bubbles and experiment with bubble shapes. The final station was the child in a bubble. The children stood on a stool in a pool full of bubble soap. A hoola-hoop was pulled over each child to create a bubble. The bubble center was fun for all.

The youth competed for prizes. Holly Henry and Evan Wright won for the greatest number of bubbles. Holly produced 14 bubbles and Evan produced 18 bubbles. The winners for the largest bubble were Abreyanna Lezon-Ferreira and Evan Wright. Abby's bubble was 7½ inches wide and Evan created a 7¼ inch bubble. Way to go!



## Cultural Play

A cultural play was performed by the youth at the museum on August 11th. The elders were invited to watch the performance.

## Swimming Lessons

Thirty children participated in lessons. Many swimming bags were torn apart and left on the bus for the summer recreation staff to clean. Remind your children to respect the new bus by not leaving litter behind. THANK YOU.

## Latex Gloves

Children are fascinated with balloons. We are having a problem with youth bringing or finding latex gloves for this purpose. Some youth are helping themselves to latex gloves around the tribal center. The gloves present a litter and safety hazard. Anyone in possession of gloves will be written up for theft. The hope is to instill respect for other people's property. Your support in this matter is appreciated.

## Are You

## Missing Anything?

Check the lost and found. We have watches, rings, jackets, swim items, shirts, and many more items.

## Carnival Scheduled Sept. 27th at the Tribal Center

## Staff

We would like to welcome several new staff and volunteers. We have recently included Ruth Whitener, Kurt Poste, Jerry Shumate, Aaron Archer, and Amy Archer in the summer recreation program. Ruth has several years experience working with children at Shelton Middle School. We were very pleased with their additions to the program.

## Where's Mark?

There have been many comments about the old program. "When Mark had the program ..." We are happy to inform you that Mark is still very much a part of the summer recreation program. Although his medical problems have kept him away from the daily activities he is still directing the program. We implement his plans.



## Congratulations Daniel Kuntz

From the 2003 Thurston County Fair, Daniel came home with  
Grand Champion in Stockseat Equitation,  
Grand Champion in Trail,  
Reserve Champion in Bareback Equitation,  
Winner of the "Zoe Cook Memorial Trail Class"

**Wow!!! Way to go Daniel!!!**

## Panhandle Lake Intertribal Play Day

On Thursday, July 31 the youth had the opportunity to go to the SPIPA Intertribal Play Day at Panhandle Lake. The children had the opportunity to swim, hike and boat. A few canoes tipped over and soaked the youth.







## A Brief Overview of the Upcoming Multimedia Room

1. Video Conferencing. This Multi-media system will give the museum full video conferencing capabilities. It includes a Polycom VS400 View Station, which is the most popular and widely deployed group video conferencing platform in the world. Video Conferencing to remote locations for education, training and business office needs will now be possible. Participation in multi-point calls will allow for many groups to be interactive and online via video at the same time. Mixed Network Multiple Site conferences will be possible. You will be able to see live PC presentations and presenters simultaneously. Embedded multicast streaming to the web will allow for video conferences being held to be shown to many participants in other locations over the internet. Or you can record the session for playback at later times. The document camera included allows for paper, text of any kind or small objects, such as archeological dig items, to be viewed remotely as well.

2. Multi-media. The system has full multimedia capabilities. A Large motorized screen in the main museum room, as well as a portable video cart, will allow for multimedia presentations to be shown at will in any location. It will have a premium ambient surround sound system. Inputs can come from DVD's, CD's, VCR tapes or any audio visual input. A digital video camera is included so that off-site recordings can be filmed and brought back to the site for viewing at the museum.

3. Expandability. The System has additional outputs so that at a later date additional classrooms at the museum or Tribe could be added onto the system. One classroom is to be wired as well as the main viewing area in the initial install. When the system is not in use for museum purposes the Tribe could utilize the functionality of video conferencing. The system could also be used for revenue generation by allowing other organizations to use the classroom equipment on a fee basis.

In conclusion, this system will allow for the museum to have a state-of-the-art conferencing solution. With the ease of dialing a call you can talk with other groups of people face to face anywhere around the world. The applications and uses for the system are endless.

## Stop In and Check Out the New Basket Exhibit

A new basket exhibit is on display at the museum showcasing the work of Squaxin Island tribal members. It also includes some pieces from other South Sound area tribes including Skokomish and Chehalis. Weaving demonstrations by Barbara Henry will be scheduled soon. Watch for more information.

Stop by and check out the exhibit - you'll be glad you did!!!







# CANOE JOURNEY 2003



**Jamie Cruz** - Hi, my name is Jaimie Cruz. I am 10 years old. I went on the canoe journey to Tulalip. Our first day on the journey, Tuesday, July 22nd, was spent on Squaxin Island. I made two new friends that were from Puyallup. We swam until dinner time, and I realized that I forgot my clothes.

Wednesday, July 23rd, we went to Nisqually and I found my clothes. We had dinner there, and they had a give-

away. It was good. My niece, Koreena, and I were campground cops for about 20 minutes. We had to make sure that the little ones were in bed and make sure that everyone was being quiet so that people could sleep.

Our next stop, on Thursday, July 24th, was at Puyallup. We camped at Chief Leschi School. It was fun because they had a park. My nephew, Christian, got stung on his arm. Christian and my cousin, Michael Mosier, were playing by a nest they didn't know was there. The dinner was good. It was fun playing tag with my nieces and other kids. The next day they fed us breakfast.

On Friday, July 25th, at Day-break Star, the Muckleshoot tribe hosted us. We set camp. We went to look at the water. The water was a ways down from where we were standing. We heard that the canoes were coming in. The van was loaded with our group. We went down to greet the canoes and to sing and dance. It was hard to dance in the sand. There were some non-natives there and they watched the canoes come in. I really like to hear and watch the canoes ask permission to come ashore and I like to

be there to welcome the canoes coming in.

Saturday, July 26th, we traveled to Suquamish. I rode the support boat with Tully. We ran into a boat race. We stopped so the pullers could take a break. I got on the support boat with

Will Henderson. We travelled to Suquamish. Some of the Nisqually kids jumped off their support boat and swam to shore when we were getting close. To my surprise, my mom, Lea

Cruz, was there with my sister, Jessica, and my little brother, Jackson. They camped with us. I went to the beach to help lift canoes, but I was too short. We went to Little Boston for dinner. The lines were long, but they served us fast. I stayed at the potlatch for awhile and returned back to camp to sleep.

On Sunday, July 27th, a lot of canoes came in. It felt good to watch them come in and know that they were safe. We ate dinner at Suquamish. We had to leave for Tulalip that night because we wanted to get a spot for our camp, and didn't want to hassle with traffic. It was cold and some of the Puyallups followed us there. It was hard to set up camp. I thought we should have slept in the teepee. It was nice after we set up camp and we got some sleep.

Monday, July 28th, was the big day. The canoes were making their way to Tulalip. We knew that the canoes left Suquamish at 5:00 a.m. We had nice facilities in Tulalip. They had lots of stands. They had a fundraising stand for the Canoe Journey 2004. Their rez was nice and clean. They had a Boys and Girls Club. When the canoes came in, Marjorie and I helped

support the canoes in the water. It seemed endless when the canoes started coming in. Our canoe finally got off the water and the pullers were tired and hungry. I got plates of food for them.

I spent all week at Tulalip. I saw a few of my teachers from Wa-He-Lut School. I met a lot of people on the journey. The Tulalips know how to run an Indian party. I received gifts of jewelry. Potlatching sometimes lasted until 5:00 in the morning. We performed on Saturday, August 3rd, at 3:00 in the morning. On Sunday, we came home to Kamilche about 4:00.

Uncle Davey George and Cousin Ray Krise handled us really good.



Thank you. Thanks to the ground crews, too, for having me on the Canoe Journey. I am looking forward to next year's journey. Next year, I am going to keep a daily journal of our adventure. I am really proud of everyone in our Squaxin Island family. Thank you for my sweatshirt. When I got home, I was really glad that I had my per capita. Thank you Squaxin Island tribal Council, for helping me buy my things for school.

Sincerely,  
Jaimie Lee Cruz





# CANOE JOURNEY 2003



Terri Capoeman - Hello to Everyone. My family and I just want to say a few things about the canoe journey this year. We just want to put up our hands to Will Henderson and Tully Kruger for being our support boats. Also thanks to Aunties Myrtle and Lorretta for making necklaces for the give-away and Roy Perez, Paula Henry and Charlene Krise for being our Council support through the whole journey. And (no, I haven't forgotten) our ground crew, Lizzie Perez, Connie Napoleon, Debbie Obi and Becky Napoleon, also deserve a big round of applause, as well as Ray Krise and George Krise for being our skippers and Tamika Green, Patricia Green, Morningstar Green, Ryan Fox, Joe Seymour and myself for speaking in behalf of the Squaxin Island tribe at Suquamish.

The girls and I had a lot of fun and good experiences. I can't wait for next year.





# HEALTH & HUMAN SERVICES



On Thursday, August 14<sup>th</sup>, Elders Harry & Bertha Fletcher and Joyce Johns joined Lea Cruz, Elders Coordinator, and Patty Suskin, Diabetes Coordinator, for a walk around Capitol Lake. The weather was perfect - sunny, but not hot, and we had a nice breeze. We even saw the Mason County plaque that mentioned the Squaxin Island Tribe! About halfway, Joyce looked across the lake and exclaimed, "I can't believe I walked that far!" Bertha did a great job even with her foot - she was leading us! Harry shared some great history of fishing. We had a great time. We hope you will consider enjoying this trail with your family and friends! You are invited to join us in future walks in the area.

**Where:** Around Capitol Lake near downtown Olympia

**Size:** The trail around the lake's north basin is 1.6 miles.

**Hours:** daylight

**Activities:** walking, jogging, picnicking, bird watching, relaxing

**Features:** The recently reopened footbridge connects Heritage and Marathon Parks. The area features good walking trails and grassy areas to relax or bring a lunch. Benches are available in some areas.

**Difficulty:** Trails are flat, easy, and well used on sunny days

## How to get there:

Several, here is one.

- Take Hwy 101 South to Olympia, Exit at S P S C C (Cooper Point / Automall Drive/Crosby Exit)
- Take a LEFT off the ramp onto Cooper Point Road, go over the overpass, then make the
- First RIGHT at the light (Evergreen Park Drive). Take Evergreen Park Dr. around & make a
- LEFT onto Lakeridge Drive (toward the Thurston County Courthouse. Drive past the Courthouse and down the hill to the lake.
- Turn LEFT onto Deschutes Parkway.

Park anywhere along the Deschutes Parkway, or in downtown Olympia near Heritage Park and head toward the Lake.



## MEAL PROGRAM MENU

Food Group	Monday	Wednesday	Thursday
Meat Vegetable Fruit Grains/Bread Milk	1    Closed for Labor Day	3 Beef Tips in Noodles Mixed Vegetables Fruit Kabobs Noodles 2% and Fat Free Milk	4 Salmon Red Potatoes, Brussel Sprouts Fresh Fruits Wheat Rolls 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	8 Burritos Corn, Green Salad Fruit Salad Brown Rice 2% and Fat Free Milk	10 Oysters & Steamed Clams Coleslaw, Carrot/Raisin Salad Fresh Fruits Wheat Rolls 2% and Fat Free Milk	11 French Dip Salad, Veggies & Dip Fresh Fruits Wheat Buns 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	15 Breakfast, Turkey Bacon Veggies & Dip Fresh Fruit Blueberry Pancakes 2% and Fat Free Milk	17 Boneless Porkchops Potatoes, Green Beans, Salad Fruit Salad Wheat Rolls 2% and Fat Free Milk	18 Beef Taco Salad All the Trimmings Fruit Kabobs Tortilla Chips, Pinto Beans 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	22 Baked Elk Potatoes, Zucchini, Onions Fresh Fruit Wholes Wheat Rolls 2% and Fat Free Milk	24 Crab Cakes Coleslaw Fresh Fruits Brown & Wild Rice 2% and Fat Free Milk	25 French Bread Pizzas Green Salad, Veggies & Dip Fruit Salad French Bread 2% and Fat Free Milk

*Sandwiches available on request instead of the entrée listed*  
*Want seconds? - Just ask!*  
*Free to seniors 55 and older*  
*\$3 for all others*





## “Everything You Ever Wanted To Know About HIV/AIDS But Were Afraid to Ask

Casey Kilduff, Squaxin Island HIV/AIDS Outreach Project - Sometimes it can be difficult to ask your friends, family or elders, questions about issues that relate to your sexual health or drug using practices. Asking questions about HIV and AIDS can be difficult as well. In this community, HIV/AIDS and sexually transmitted diseases are a reality. Educating ourselves and others may be the first step towards reducing the risks that may affect us.

This column has been created to respond to questions you may have about HIV and AIDS. Please call or write to our office to submit your questions. Our voicemail is confidential and any mail coming to our office is only opened by project staff. All questions will be posted anonymously to retain confidentiality. Please contact us with questions you would like to see posted.

### *The questions for this month are:*

#### **1. What is HIV?**

HIV (human immunodeficiency virus) is the virus that causes AIDS. This virus is passed from one person to another through blood-to-blood and sexual contact. In addition, infected pregnant women can pass HIV to their baby during pregnancy or delivery, as well as through breast-feeding. People with HIV have what is called HIV infection. Most of these people will develop AIDS as a result of their HIV infection.

These body fluids have been proven to spread HIV:

- blood
- semen
- vaginal fluid
- breast milk
- other body fluids containing blood

#### **2. What is AIDS? What causes AIDS?**

AIDS stands for acquired immunodeficiency syndrome. An HIV-infected person receives a diagnosis of AIDS after developing one of the CDC-defined AIDS indicator illnesses. An HIV-positive person who has not had any serious illnesses also can receive an AIDS diagnosis on the basis of certain blood tests (CD4+ counts).

A positive HIV test result does not mean that a person has AIDS. A diagnosis of AIDS is made by a physician using certain clinical criteria.

Infection with HIV can weaken the immune system to the point that it has difficulty fighting off certain infections. These types of infections are known as “opportunistic” infections because they take the opportunity a weakened immune system gives to cause illness.

Many of the infections that cause problems or may be life-threatening for people with AIDS are usually controlled by a healthy immune system. The immune system of a person with AIDS is weakened to the point that medical intervention may be necessary to prevent or treat serious illness. As with other diseases, early detection offers more options for treatment and preventative care.

#### **3. I have read on the Internet several stories about people getting stuck by needles in phone booth coin returns, movie theater seats, gas pump handles and other places. One story said that Center for Disease Control (CDC) reported similar incidents about improperly discarded needles and syringes. Are these stories true?**

CDC has received inquiries about a variety of reports or warnings about used needles left by HIV-infected injection drug users in coin return slots of pay phones, the underside of gas pump handles, and on movie theater seats. These reports and warnings are being circulated on the Internet and by e-mail and fax. Some reports have falsely indicated that CDC “confirmed” the presence of HIV in the needles. CDC has not tested such needles nor has CDC confirmed the presence or absence of HIV in any sample related to these rumors. The majority of these reports and warnings appear to have no foundation in fact.

Discarded needles are sometimes found in the community outside of health care settings. These needles are believed to have been discarded by persons who use insulin or are injection drug users. Occasionally the “public” and certain groups of workers (e.g., sanitation workers

or housekeeping staff) may sustain needle-stick injuries involving inappropriately discarded needles. Needle-stick injuries can transfer blood and blood-borne pathogens (e.g., hepatitis B, hepatitis C, and HIV), but the risk of transmission from discarded needles is extremely low.

CDC does not recommend testing discarded needles to assess the presence or absence of infectious agents in the needles. Management of exposed persons should be done on a case-by-case evaluation of (1) the risk of a blood-borne pathogen infection in the source and (2) the nature of the injury. Anyone who is injured from a needle stick in a community setting should contact their physician or go to an emergency room as soon as possible. The injury should be reported to the local or state health departments. CDC is not aware of any cases where HIV has been transmitted by a needle-stick injury outside a health care setting.

If you would like to ask a question, please send it anonymously to:

Squaxin Island  
HIV/AIDS Outreach Project  
Attn.: Casey Kilduff  
90 SE Klah-Che-Min Dr.  
Shelton, WA 98584  
*Or call us and leave a message at  
(360)432-3915*

### **Mammogram Clinics**

*September 24th and October 30th.*

Call Rose now to make your appointment!  
360.427.9006

### **Community Walk**

McLane Nature Trail, Tues., Sept. 16th  
Meet at Elders Bldg @ 9:30 a.m.



### **Healthy Foods**

### **Cooking Demonstration**

Tips for healthy eating for everyone  
Wednesday, Sept. 17th, Elders Bldg.



## Are You at High Risk (or Chance) for Heart Disease?

September is National Cholesterol Education Month. Cholesterol levels tell one part of the story of your risk or chance for heart disease.

### Cholesterol: What is it?

#### Why does it matter?

Cholesterol is a waxy-fat-like substance the body needs to make cells and hormones. Your liver produces all the cholesterol your body needs. Extra cholesterol found in your bloodstream comes from eating foods with saturated fat (the main source) and cholesterol. Only foods of animal origin (such as meat, eggs, and dairy products) contain saturated fat and cholesterol. The cholesterol in your blood can build up on the walls of your arteries. This narrowing of the arteries makes it hard for your blood to move around your body to your heart and can lead to a heart attack or a stroke.

### What is the difference between "good" and "bad" cholesterol?

HDL Cholesterol is often called "good cholesterol" because extra HDL does not collect on artery walls (think "H" for healthy or happy). In fact, HDL cholesterol helps protect the body by "sweeping up" extra cholesterol to be used or eliminated.

The higher the HDL the better, but it should be at least 40. Is yours over 40?

If your HDL is not over 40, be more active. Regular exercise is one of the best ways to increase your HDL cholesterol.

LDL cholesterol is often called "bad cholesterol" because it can build up in your arteries and block blood flow, leading to a heart attack or stroke (think "L" for "lousy" or "lethal").

Your LDL level should ideally be less than 100. What is yours? If it is over 100, see if you can: stop smoking, lower your blood pressure to 140/90 or lower.

### What Increases your risk for heart Problems?

#### YOU CAN DO SOMETHING ABOUT

- Cigarette smoking
- Obesity/overweight
- Physical inactivity
- High blood pressure
- Low HDL cholesterol
- High LDL cholesterol

#### RISKS YOU CAN'T CONTROL

- Age - 45+ for men, 55+ for women
- Family history of early heart disease (father or brother before age 55) (mother or sister before age 65)

### What can you do to improve your cholesterol levels? (and lower your risk or chance for a heart attack or stroke?)

*Be More Active.* Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. Try to be physically active for 30 minutes on most, if not all, days.

*Better Eating Habits.* Choose fish, lean meats, skinless poultry, fat free or 1% dairy products, whole grain foods, and fruits and vegetables. Limit foods high in cholesterol such as liver, other organ meats, egg yolks, and full-fat dairy products. Eat less fried foods. Eat more high fiber foods such as oats, fruits, vegetables, dried beans and peas (such as pinto beans, lentils, etc.)

For more personalized and detailed eating tips, contact Patty Suskin, at the Clinic at 432-3929 for an appointment).

**The clinic will be closed  
Monday, September 1st  
for Labor Day and  
Wednesday, September 10th  
for an internal staff meeting.  
Thank you for your patience.**

## Oysterfest is Approaching Volunteers are Needed

OysterFest will take place the first weekend in October (4-5). We are beginning preparations for this great fundraiser that supports our tribal elders. Please call Lea Cruz at 360.432-3936 or 360-427-9006 to volunteer.

## A Not So New Employee



### Heidi Chambers Mental Health Counselor

Hi, my name is Heidi Chambers, and I am the new (since May) Mental Health Counselor for the Squaxin Island Tribe. I look forward to meeting community members and being of service.

I worked for the Skokomish tribe for the last nine years, and have a deep commitment to the work I do with people. I work with children of all ages, adults, couples and families on a variety of issues.

I am a Washington State native and have lived in this areas for the past 14 years. I love the outdoors, birdwatching, gardening and hiking.

I look forward to meeting all of you. My office is in the clinic, downstairs, and I work Tuesday through Friday from 8:00 a.m. to 5:00 p.m. You can reach me by phone at 427-9006.





## Council Resolutions

**03-29:** Authorizes SPIPA to submit a grant proposal to the U.S. Department of Education for FY03 for up to \$263,361 for the after school program

**03-30:** Authorizes SPIPA to submit a grant proposal to the U.S. Department of Education Fund for Improvement of Post-Secondary Education for FY03 for up to \$369,388 for ongoing educational opportunities, student assistance and assessment/barrier removals in order for tribal members to succeed in post-secondary education endeavors.

**03-31:** Authorizes SPIPA to submit a grant proposal to the U.S. Department of Education for FY03 for up to \$283,259 to provide recreational activities for disabled elders

**03-32:** Authorizes SPIPA to submit a grant proposal with the U.S. Department of Justice for FY03 tribal youth programs for up to \$300,000 over the period of three years for youth programs

**03-33:** Authorizes SPIPA to submit a grant application to the U.S. Department of Justice to provide material support to victims

**03-34:** Approves the relinquishment of Joseph Ray James, Sr. to the Muckleshoot tribe

**03-35:** Enrolls Jeffery, Brandon, Carie, Justin, Stefanie and Jennifer Kenyon

**03-36:** Enrolls Alexsii Vigil

**03-40:** Enrolls Michael and Vernon Kenyan and Deborah (Kenyon) Knott

**03-41:** Requests funding from the U.S. Environmental Protection Agency for the Tribe's Department of Natural Resources to fund water quality and stream flow monitoring programs

**03-42:** Authorizes submission of a grant proposal to the U.S. Department of Justice for up to \$200,000 over a period of three years to provide counseling services for youth who are involved with or at risk for involvement with the juvenile justice system

**03-43:** Authorizes submission of a grant proposal to the U.S. Department of Justice BOJ under the Tribal Alcohol and Substance Abuse Program for up to \$500,000 over the period of three years

**03-44:** Supports submittal of a pre-application to the U.S. Department of

Agriculture's Economic Impact Initiative program for the purchase of a dive boat.

**03-45:** Approves changes to the Tribal Housing and Utilities Commission By-laws to increase stipends to \$40 for meetings that are two to four hours and \$10 per hour for partial meetings and any hours that exceed the four hours, emergency and special meetings effective May 1, 2003

**03-46:** Enrolls Percy James Welcome

**03-47:** Enrolls Kevin Michael Bloomfield

**03-48:** Enrolls Troy Tye Baxter

**03-49:** Adopts amendments to the Liquor Sales Code stating all sales will be made by the Tribe and its enterprises and that no credit will be extended for liquor purchases, defines age identification requirements and the right to refuse sale, and states that there will be no Sunday sales in tribal liquor stores, but they may take place in restaurants, gaming facilities and other similar locations

**03-50:** Agrees to enter into a standard form of agreement between owner and designer/builder with Tomco Construction, Inc, to provide final design and construction of the administration building

**03-51:** Authorizes SPIPA to submit a grant proposal to the U.S. Department of Health and Human Services, Administration of Children and Families for an FY04-05 Child Care Development Fund program to provide funding for tribal children ages 13 and younger

**03-52:** Authorizes submission of a grant application to the U.S. Department of Justice BOJ under the Tribal Courts Assistance Program, Category III Tier I, for up to \$100,000 for the purpose of enhancing the Tribe's Court System

**03-53:** Supports the submittal of a Homeownership Supportive Services proposal to the U.S. Department of Housing and Urban Development's ROSS program for HSS program development assistance

**03-54:** Approves policies for Child Sexual Abuse, Severe Child Abuse and Vulnerable Adult Abuse in order to enable these collaborating agencies to better serve this community

**03-55:** Authorizes the Articles and By-laws of the Little Creek Casino Oversight Board

## Oh, Cute!!!



---

**Happy Birthday to My Daughter  
Madeena!**

**I'm So Very Proud of Your  
Accomplishments This Past Year.**

**Love,  
Mom, Brothers and Gramma**

---

**Happy Birthday Sister, Carmen  
From Sister Marcella and Mom  
We All Miss You!**

---

**Happy Birthday Vanessa  
Love,  
Gramma and Marcella**

---

**Happy Birthday Sister Francis  
Love,  
Sister Rose**

---

**Happy Birthday Rose Krise  
From Cousin Marcella  
and Auntie Rose**

---



## New Employees



**Elaine Moore**

***Accounts Payable Manager***

Hi, I'm Elaine Moore, most of you remember me as David, Connie & Mitzie Whitener's mom.

I am back with the Tribe again after being away for years. I left the Tribe in 1985 and took a job with Lower Elwha Tribe as Business Manager until May of 1991. Then I moved to Oregon and worked for the Grand Ronde Tribe in Economic Development as Small Business Development Manager for the past eleven years.

You can find me in the Finance Department, trying to fill the position of Accounts Payable Manager that Carrie Smith left when she was hired by the clinic.

I am delighted to see how the Tribe has grown over the years and look forward to working for the Tribe again and being able to see all of you again.



**Terry Conway**

***Financial Specialist II***

Hi, my name is Terry Conway, and I work in the Finance Department. My supervisor is Elaine Moore. I have been working for the Tribe since July 2, 2003. This is my first job with a non-profit entity. I have a lot to learn about Tribal accounting. It is very different from accounting for profit. We have a strong group in the Finance Department and I look forward to acquiring a wealth of knowledge from these people.

I graduated from the University of Washington in 1971 with a BA in Business Administration, major - accounting. The preceding sentence covers my age.

I was born in Olympia and recently returned from Everett, WA where I lived for the past several years. I was married for a total of 17 years and I have been single since 1985. I have one son who is married and has twin children, a boy and a girl. They turned 5 this past April. I really enjoy my grandchildren. I look forward to meeting all of you in the coming days.

## Happy Birthday Bruce Almighty



From,  
**Short Stuff, Medium Stuff  
and Banana**

---

Happy Birthday Vanessa  
From,  
**Sisters!**

---

Happy 14th Birthday Latoya Jean  
Love,  
**Mom and Sisters**

---

Happy 45th Birthday Gloria Jean  
Love,  
**The Seymour Family**

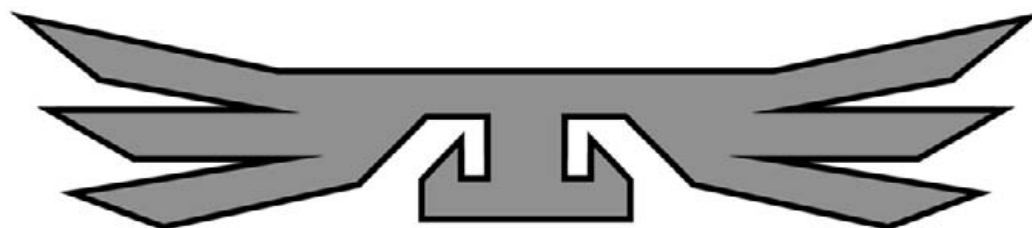
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Happy Birthday Uncle David  
From the Seymour Family

---

**Happy Birthday Tamara!  
My road has come to an end.  
I am at Walla Walla.  
Shoot me a line, my friend.  
Charlie OBrien #93100 IMU  
WA State Pen  
1313 N. 13th Ave  
Walla Walla, WA 99362**

**My prayers go out to you  
and your family circles,  
may the four winds protect you  
and Brother Eagle guide you!**







# CULTURAL RESOURCES

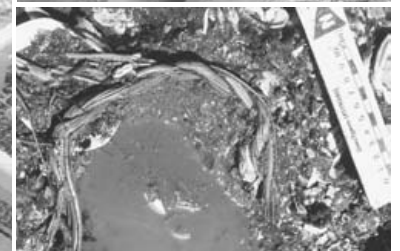
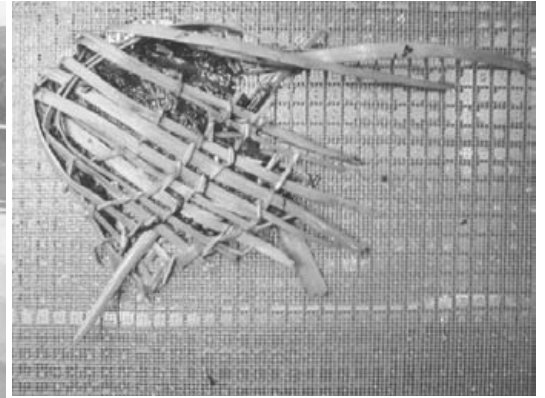


The summer 2003 Cultural Resources excavation at Mud Bay has concluded, and several artifacts that were discovered there will soon be on display at the MLRC.

Artifacts were a yew wood long tool, several antler wedges and one large carved antler weaving tool. It is 16 inches long and was used as a matting needle to make sewn tule and cattail mats. It is unusual because most are made out of bone or wood, this one is rare because it is carved antler.

Tribal Summer Youth Employment program staff member Chris Henry who was employed by the Cultural Resources Department found the carved bone weaving tool.

Also found in these squares were two partial baskets, one of which was found by Squaxin Island tribal member Sis Brownfield. While working in the upper 'dry' areas, an antler wood wedge was found in fragile condition with a broken end, a shoulder blade for scraping, as well as two bone points.



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## Construction

### *Continued From Page 1*

#### ***Bloomfield Drainage Project***

If you entered the reservation from Bloomfield Road during the last weeks of August you may have seen an excavator and crew working at the intersection of Klah-Che-Min and Bloomfield. This is a road drainage improvement project to prevent standing water on the roadway. The project consists of laying 800 lineal feet of 18-inch storm drain and 5 48-inch catch basins. The contractor is Five Rivers Construction. Work should be complete in early September.

The Department of Community Development apologizes for any inconvenience construction of these projects may cause. We hope that this new construction enhances and improves our community.



*Administration building site*



*The old cabin at the intersection*



*The child care center site is cleared*

## Lousology 101 Images & Biology of Head Lice

Submitted by Misti Saenz-Garcia - Nits (the eggs of the head louse) are small yellowish-white, oval-shaped eggs that are "to the side of a hair shaft glued" at an angle.

Nits must be laid by live lice. You cannot "catch nits." Once laid, it takes 7-10 days for a nit to hatch, and another 7-10 days for the female to mature and begin laying her own eggs.

Head lice are clear in color when hatched, then quickly develop a reddish-brown color after feeding.

Head lice are about the size of sesame seeds. Head lice have six legs equipped with claws to grasp the hair. Head lice are crawling insects. They cannot hop, jump, or fly.

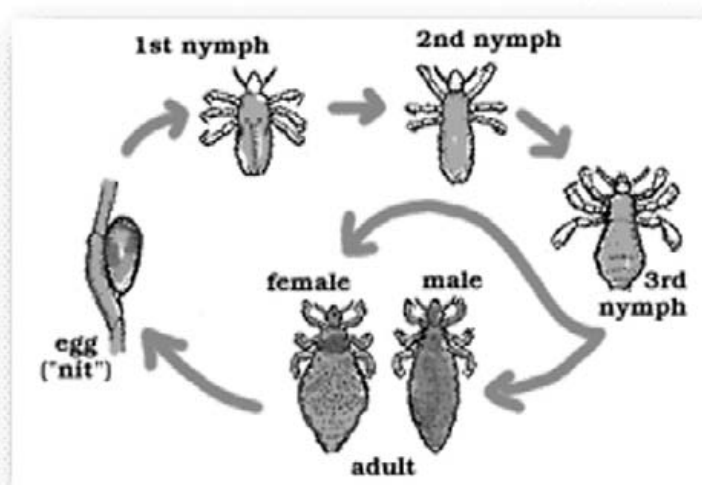
Head lice do not thrive on pets. Head lice are small, wingless insects which

feed on human blood. They need human blood in order to survive.

Head lice live for approximately 30 days on a host and a female louse may lay up to 100 nits (eggs).

Head lice off of their human hosts will starve. In most cases, a head louse will not survive for more than 24 hours off of its human host.

## Which Came First... the Itchin' or the Egg?



**(The Life-Cycle of the Head Louse)**







## National Congress of American Indians

A series of articles written by Frank W. Parker, referring to the first meetings and organization of the National Congress of American Indians (NCAI), will be reprinted in this, the previous and following issues of the Klah-Che-Min, courtesy of Glen and Ann Parker. Frank was a founding member of NCAI.

### *Guiding Principles Behind the Formation of the NCAI*

The NCAI was started by Indian employees of the Indian Office when it was in Chicago. It came about after a meeting of the employees called in late 1942 by Commissioner John Collier to sponsor a young Indian who was being sent to Central America to do research work. The commissioner thought it would be a good thing to have the Indians of North America sponsor this man and his project about the Indians of South America. After several meetings the Indian office employees turned down the commissioner's request because they felt that they did not truly represent the Indians of North America. It made them realize, however, the real need for a national organization of North American Indians to begin speaking and acting for themselves on local and national levels.

With the help of other interested Indians living in the Chicago area, plans were launched to start the organization using the following steps and principles.

1. The organization should be nationwide and composed of reservation Indians. (a) Each reservation should designate, instruct and send its own delegates to the NCAI meetings.
2. In order to properly start the organization, invitations were sent out to all of the prominent Indians that could be collectively listed to attend the first annual convention, which was held in Denver, CO in 1944. (a) In this manner, the best minds would be in convention to assist in preparing a constitution and by-laws that would carry out the provisions of Item 1 above.



**Melissa Puhn**  
**Receptionist**

Hi, my name is Melissa Puhn. I am the new front desk receptionist. Previously, I worked at Olympic Tool & Engineering in Shelton, for five years. I've enjoyed the change in environment.

In my spare time, I enjoy spending time with my husband Joe. We enjoy camping, mountain biking, playing with our dogs, and being outdoors.

Stop by and say hi!

3. An office and lobby would be set up in Washington, DC, for an effective administration of Indian programs. (a) The Washington office would be the center of all activities in the fields of voting rights, discrimination, holding of Indian lands, water rights, tax exemptions, education, health and welfare, hunting and fishing rights and a more general recognition of all Indian rights. (b) The Washington office could do such things as testify at Senate and House Committee hearings, promote public information to the nation and to the tribes, relay pertinent and timely tips to individuals and reservations on pending bills and other matters and act as a source of information to the public, the Congress and the government.

## New Employees



**Dan Neelands**  
**Construction Manager**  
**Building Inspector**

Hi, I'm Dan Neelands and I'll be working with Mike Poier in The Department of Community Development. I'm enjoying helping with all the new construction the Tribe is involved with. I've worked on many projects far and wide and am really looking forward to helping build this community, right here at home, where I can see and live with the impact and effects of my work.

My background is in construction and sustainable design. I've worked with code and building officials as well as designers and contractors to implement sensible development solutions for the modern world.

I've been a resident of Southern Puget Sound for 20 years this week and plan to stay a while. I enjoy spending time with my wife Kelly Croman, playing with flying machines and being outdoors.







# CANOE JOURNEY 2003







# HAPPY BIRTHDAY



Vanessa Algea	9/1	Lewis Napoleon	9/9	Greg Koenig	9/21
Alexander Solano	9/1	Barbara Schuffenhauer	9/9	Desmond Smith	9/21
Patrick Whitener	9/1	Joseph Stewart	9/9	Michael Peters	9/22
Nancy Barker	9/2	Roger Peters	9/10	Gloria Hill	9/22
Rose Krise	9/3	Debra Leone Mattson	9/10	Angel Coley	9/23
Riley Lewis	9/3	Madeena Rivera	9/11	Pete Kruger, Jr.	9/23
Austin Ray Peters	9/3	Austin K. Brearley-Lorentz	9/12	Christopher Clementson	9/23
Jennifer Brown	9/3	Kaitlyn Brandt	9/13	Amanda Peters	9/23
Katherine Neilsen	9/4	Kristen Davis	9/15	Donald Whitener	9/24
Latoya Perez	9/5	Jonathan Harrell	9/15	Harry Fletcher	9/26
Michael Brownfield	9/6	Carmen Algea	9/17	Ronald Fletcher	9/26
Elijah Krise	9/6	Markie Smith	9/17	Susan McKenzie	9/26
Andrew LaFlame	9/6	Kenedee Peters	9/17	Susan Peters	9/26
Joshua Coble	9/7	Willow Henry	9/18	David Seymour	9/26
Wayne Lewis	9/7	Stephen West	9/18	David Lopeman	9/27
Barry Hagmann	9/8	Tiana ELF Henry	9/18	Dawne Elam	9/27
William Hagmann	9/8	Calvin Farr	9/19	Isaiah Schlottmann	9/30
Charles Scheibel	9/8	Terry Brownfield	9/20		
Levi Connally	9/9	Esther Fox	9/21		

## WHAT'S HAPPENING

	1	2	3	4	5	6
	Labor Day Tribal Offices, Including Clinic Closed				Housing Commission 9:00 in the Annex AA Meeting 7:30	Good News Book Club 10:30
7	8	9	10	11	12	13
		Court Church 7:30	Clinic Closed Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	Tribal Council Scrapbooking @ 1:00	AA Meeting 7:30	Good News Book Club 10:30
14	15	16	17	18	19	20
		Community Walk McLane Nature Trail Meet at Elders Bldg 9:30 Church 7:30	Healthy Eating Cooking Demo Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	Scrapbooking @ 1:00	Housing Commission 9:00 in the Annex AA Meeting 7:30	Good News Book Club 10:30
21	22	23	24	25	26	27
		Court Church 7:30	Mammogram Clinic Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	Tribal Council Scrapbooking @ 1:00	AA Meeting 7:30	Carnival at the Tribal Center Good News Book Club 10:30
28	29	30				
	Mammogram Clinic 9:00 - 4:00					



## Timberline high School She-Nah-Num Time Capsule

Courtesy of Lori Hoskins, from a report by Nick Swan, an 8th grader at Chinook Middle School in the winter of 1994 - On July 4, 1976, the She-Nah-Nam Creek Treaty time capsule was placed on Nisqually Hill just above the Nisqually Valley, above the north side of Interstate 5. This monument overlooks the 168 year-old douglas fir known as "The Medicine Creek Treaty Tree," under which the treaty of the same name was signed in 1854 by Isaac Stevens, Governor of Washington Territory, and leaders of the Nisqually Indian Tribe.



The monument was installed there in honor of the historical significance of that event. It symbolizes several different ideas. The round, steel float, donated by the U.S. Navy symbolizes the spherical thinking of the Native American. The rail, donated by Burlington Northern Railroad, is symbolic of the linear thinking of the white people. When viewed from above, the monument forms the peace symbol and the shape of an arrowhead which points to the tree.

Since it was also designed as a time capsule, several items were placed inside: a letter to the openers, a copy of the *Lacey Leader* newspaper, an edition of *The Daily Olympian*, the *Washington State Highway News* and an edition of the *Timberline Blazer*.

Ralph Heino (faculty advisor) summed up the purpose for placing the marker, saying, "Hopefully, the monument can show peaceful cooperation between whites and Native Americans and help resolve differences between them."

The capsule will be opened July 4, 2076.

## SQUAXIN ISLAND TRIBE

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